

# Fabulous Homemade Bread

**Makes:** 12 Servings

Extra loaves can be frozen, and they will still taste as good when thawed.

## Ingredients

**1/4 cup** warm water  
**1 1/2 teaspoons** sugar  
**1 1/2 packages** active dry yeast (1/2 package for each loaf)  
**2 tablespoons** all-purpose flour  
**2 1/4 cups** warm water  
**5 cups** all-purpose flour  
**1 cup** whole wheat flour  
**1 cup** quick cooking oats  
**1 teaspoon** salt  
**2/3 cup** brown (or white) sugar  
**2/3 cup** vegetable oil  
 nonstick cooking spray

## Directions

1. Preheat oven to 350 degrees F.
2. In a large bowl, mix 1/4 cup warm water, sugar, yeast and 2 tablespoons all-purpose flour. Let rise for about 5 minutes.
3. Add 2 1/4 cups warm water, 5 cups all-purpose flour, 1 cup whole wheat flour, oats, salt, brown sugar, and oil and mix well.
4. On a clean and dry flat surface, sprinkle flour and knead dough until it is not sticky. This may take an additional cup



## Nutrition Information

Key Nutrients	Amount	% Daily Value
<b>Total Calories</b>	<b>147</b>	
Total Fat	4.7 g	
Protein	3 g	
Carbohydrates	23 g	
Dietary Fiber	2 g	
Saturated Fat	0.5 g	
Sodium	67 mg	

of whole wheat flour.

5. Spray a large bowl with nonstick cooking spray. Place dough in the bowl and cover with plastic wrap. Let rise in a warm place until it has doubled, about 1 hour.

6. Gently knead dough a couple of times. Divide dough evenly and form into 3 oval loaves.

7. Spray three 9-by-5 loaf pans with nonstick cooking spray, and place a loaf in each pan. Allow dough to rise until it reaches the top of the pans.

8. Bake for 25-30 minutes. Do not overbake. Cut each loaf into 12 slices.